

How do I know if I have a drug or alcohol problem?

Here are some indications that you may have a problem with drugs or alcohol:

1. You believe that your happiness or enjoyment of life is dependent upon taking drugs or alcohol.
2. You regularly turn to drugs or alcohol to calm down after a stressful situation or to "escape."
3. You use more of the drug or alcohol to achieve the same feeling you got with lesser amounts.
4. Your performance at work or school is suffering because of your drug or alcohol use.
5. You continue to make promises to yourself or others that you'll quit using or drinking.

Whether used intentionally or unintentionally, a drug or alcoholic beverage can lead to abuse if taken:

- In large quantities;
- Regularly for long periods; and
- In combination with other drugs.

Follow your doctor's and pharmacist's instructions for medications.

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